

Why Switch to “Better than Butter”?

Get the taste of butter with 1/2 the saturated fat & all of the amazing health benefits of Grapeseed Oil.

Better than Butter can be used like soft margarine, or in place of oil or butter for baking and cooking. It has the highest flash point of all oils, so it won't burn or break down as easily.

You can use less when sautéing. It is perfect for grilling—brush over meats and vegetables to prevent drying out and burning.

Grapeseed oil has a light, neutral flavor that won't clash with foods.

Is it time for an oil change?

Grapeseed Oil has half the saturated fat of olive oil (only 8%) and is higher in unsaturated fat than nearly all other oils. It contains Omega-6 which has the greatest effect in raising HDL (good) cholesterol and lowering LDL (bad) cholesterol and triglycerides (fat carried in the blood), giving it a distinct advantage over other oils. Take 2-3 TBSP/day for high cholesterol

Grapeseed oil contains a very high level of antioxidants including vitamin E. It's also anti-inflammatory helping joint pain.

It's best to refrigerate after opening unless used within 6 months. It will not cloud when chilled.

Other Benefits

◆ Environmentally friendly: Pressed from grape seeds in Italy after wine production; no extra farmland or water to produce.

◆ Commonly used in quality cosmetics for its anti-aging, anti-cancer properties for skin, as well as diminishing fine lines and wrinkles.

To order or join our Watkins Team, call:

Melody Thacker, Independent Watkins Associate
ID # 323239

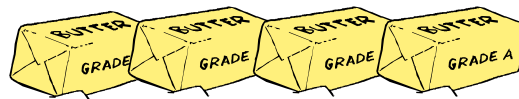
To learn more, request a catalog or service
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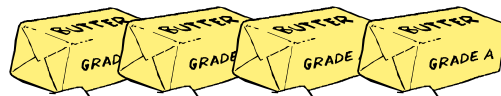
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WATKINS TRADE MARK Grapeseed Oil



Better than Butter



Tantalizing, Healthier, Simple Spreads, Breads, Salads & Dressings

“Better Than Butter”

- ◆ Basic Recipe
- ◆ Maple Pecan Butter
- ◆ Honey Butter Spread
- ◆ Chocolate Orange Butter
- ◆ Curry-Dill Butter
- ◆ Garlic-Dill Butter

Watkins Bread Mix

- ◆ Cranberry Nut Bread
- ◆ Rosemary & Sea Salt Bread
- ◆ Garlic Cheese Bread

Plus:

- ◆ Vanilla Bean Oil
- ◆ Salads & Salad Dressing Recipes
- ◆ Better than Butter uses
- ◆ Grapeseed Oil Health Benefits

“BETTER THAN BUTTER”

BASIC RECIPE

Combine 1/2 cup softened butter with 1/2 cup Watkins Original Grapeseed Oil (a pound of butter with a full bottle of Grapeseed Oil works too). Using an electric mixer, whip until light. Seal in a plastic container and refrigerate until serving.

NOTE: Keep refrigerated when not serving.

SWEET BUTTER VARIATIONS

Try these amazing flavored butters on toast, Good Tastings Bread, scones, bagels, muffins, sweet breads, french toast, pancakes or waffles. Create your own variations using other Watkins Extracts and Flavors.

With all butters mix, chill & serve.

MAPLE PECAN BUTTER

1/2 c Better than Butter
1/4 c corn syrup
1 tsp **Watkins Maple Extract**
1/4 cup chopped toasted pecans

CHOCOLATE-ORANGE BUTTER

1/2 c Better than Butter
1/4 c corn syrup
1/2 tsp **Watkins Chocolate Extract**
1/2 tsp **Watkins Orange Extract**

HONEY BUTTER SPREAD

1/2 cup Better than Butter recipe
1/2 cup honey
1 tsp **Watkins cinnamon**
1 tsp **Watkins Double-Strength Vanilla**

FLAVORED OIL

VANILLA BEAN OIL

1 cup **Watkins Grapeseed Oil**
2 TBSP **Watkins Pure Vanilla**

Mix two ingredients together in empty clean jar (I used empty Watkins Grapeseed Oil bottle) Cover and shake well. Refrigerate.

Variation: use for oil when baking sweet goods

Recipe Idea: Add small amount of sugar and Watkins Celery Seed for salad dressing, coleslaw dressing or over cucumbers.

WATKINS BRUSCHETTA

8 Roma tomatoes, chopped
1/4 cup balsamic vinegar
1/4 cup **Watkins Garlic & Parsley Grapeseed Oil**
1 cup crumbled Feta cheese
1 TBSP **Watkins Tomato & Basil Snack & Dip Seasoning mix** (available seasonally)
1 tsp **Watkins Oregano**

Stir together, chill at least one hour (better if overnight). Serve on toasted French bread rounds or sliced **Watkins Bread Mix!**

WATKINS GRAPSEED OIL

One of the healthiest & most versatile oils you can use and we have 3 you can chose from!

ORIGINAL GRAPSEED OIL

- Delicious in salad dressings, baking, marinades, sautéing, frying.
- Apply to face and body for dry skin, anti-aging and moisturizing. This oil helps heal problem skin, blemishes and helps prevent scarring (try Watkins Body oils too - 4 fragrances to chose from).
- Mix 1 tbsp **Watkins Original Grapeseed Oil** with 1 tbsp sugar for a pampering, exfoliating scrub for hands, feet and whole body. Simply rub into your skin, rinse, pat dry and finish with one of **Watkins Shea Butters, Watkins Salves** or one of the **Watkins All-Natural Lotions**.

GARLIC & PARSLEY GRAPSEED OIL

- Delicious and a healthy dip for bread -- try with **Watkins Bread Mix**.
- Mix with Balsamic Vinegar & spices (try **Watkins Garlic & Herb Seasoning** and **Watkins Oregano**) for a delicious bread dip or add sugar to taste for a super Vinaigrette salad dressing!
- Toss with pasta (cooked in water with 2 TBSP **Watkins Chicken Soup**) then toss or top with fresh Parmesan Cheese.
- Stir-frying, sautéing, hash brown potatoes, add to butter for garlic bread/toast
- Add to Caesar salad (commercial dressing) for wonderful home-made flavor!
- Add to hamburger, casseroles, pasta sauce or chili to enhance flavor.
- Brush on Grilled Vegetables and sprinkle with **Watkins Fresh Ground Sea Salt** and **Watkins Onion & Garlic Pepper**.
- Brush on meat or use in marinades before grilling - it enhances the flavor, locks in juices and helps prevent shrinkage!

CITRUS & CILANTRO GRAPSEED OIL

- Delicious drizzled over cooked vegetables--try it on broccoli, asparagus or fresh tomatoes.
- Brush on chicken or pork before and during baking and grilling.
- Drizzle and rub over fish before grilling, baking or broiling. Season with **Watkins Fish & Seafood Seasoning**.

SOUTHWESTERN DRESSING

Use as a dressing on taco salads, tossed salads, or as a marinade for grilled chicken or ribs.

- 1 cup tomato or vegetable juice cocktail
- 1 TBSP **Watkins Citrus & Cilantro Grapeseed oil**
- 1 TBSP fresh lime juice
- 1 TBSP **Watkins Chili Seasoning**
- 1/8 tsp **Watkins Red Pepper Flakes**

SPINACH & PEAR SALAD

- 2 TBSP Balsamic vinegar
- 3 TBSP **Watkins Citrus & Cilantro Grapeseed Oil**
- 3 TBSP orange juice
- Dash of salt
- 1 tsp **Watkins Garlic Flakes**
- 3 c baby spinach
- 3 pears (sliced)
- 2 TBSP crumbled blue cheese or feta cheese
- 1/4 c toasted walnuts (sprinkle over while still warm)

Mix first 5 ingredients well. Drizzle over spinach and pear mixture. Top with crumbled cheese and warm walnuts. Serve immediately!

CAESAR SALAD

Dressing

- 1/2 cup low-fat mayonnaise
- 1/4 cup water
- 1 tsp **Watkins Chicken Soup base**
- 2 TBSP Parmesan Cheese
- 1-1/2 TBSP lemon juice
- 1 TBSP red wine vinegar
- 1 hard-cooked egg
- 1/4 tsp **Watkins Garlic Flakes**
- 1/2 tsp **Watkins German Mustard**
- 1/2 tsp Worcestershire sauce
- 1/8 tsp **Watkins Black Pepper**

Combine above ingredients in blender or food processor & blend until smooth. Cover & refrigerate for at least 1 hr.

Salad:

Tear 1 large head of romaine lettuce. Toss romaine with dressing in a large bowl until lettuce is evenly coated with dressing. Add crotons just before serving. Sprinkle lightly with additional Parmesan cheese and pepper, if desired. Serve immediately. Makes 6 servings.

Following is an easy recipe for tasty yet healthy crotons:

- 1 tsp **Watkins Garlic Granules**
- 1 tsp Parmesan cheese
- 1 tsp **Watkins Oregano**
- 3 c cubed fresh bread
- 1 tsp **Watkins Basil**
- Watkins Cooking Spray**

Mix garlic, oregano, basil and cheese in a small bowl until well blended. Pour mixture into a large plastic freezer bag. Spray bread cubes lightly with cooking spray. Add bread cubes to bag and shake until coated with spices. Not all spices will stick to bread but that's okay. Place bread cubes in a single layer on baking sheet. Bake until crotons are crisp and golden brown, about 10-15 minutes (it depends on the kind of bread you use, so keep your eye on them). Let cool. Store in airtight container or plastic bag for up to 1 week. Makes 3 cups.

SAVORY BUTTER VARIATIONS

Perfect on rolls, crusty buns, Good Tastings Bread, whole grain breads and baking powder biscuits. Try using other Watkins herbs and spices and seasoning blends for variety.

With all butters mix, chill & serve.

GARLIC-DILL BUTTER

- 1/2 c Better than Butter
- 1/4 tsp **Watkins Garlic Granules**
- 1/2 tsp **Watkins Dill**

CURRY-DILL BUTTER

- 1/2 c Better than Butter
- 1/4 tsp **Watkins Curry Powder**
- 1/2 tsp **Watkins Dill**

WATKINS BREAD MIXES

CRANBERRY NUT BREAD

- 1 c Craisins
- 3/4- c chopped nuts
- 1 TBSP **Watkins Orange Peel**
- 1 pkg. **Watkins Bread Mix**
- 1 12-oz/355 ml can club soda

Combine first 4 ingredients. Add club soda & mix just until moistened. Pour in loaf pan & bake at 350°F for 50—60 minutes.

ROSEMARY & SEA SALT BREAD

- 1 pkg. **Watkins Bread Mix**
- 3 TBSP **Watkins Rosemary**
- 3 TBSP **Watkins Parsley**
- 1 12-oz/355-ml can lemon-flavored sparkling water
- 1 TBSP coarsely-ground **Watkins Sea Salt**
- 1 TBSP melted butter

Combine rosemary and parsley. Add 4 TBSP of spice mixture with bread mix. Combine bread mixture with sparkling water. Pour batter evenly in loaf pan which has been sprayed with Watkins Cooking Spray. Sprinkle remaining herbs on top, followed by sea salt. Drizzle with butter and bake at 325°F for 50 minutes to 1 hour.

GARLIC CHEESE BREAD

- 1 pkg. **Watkins Bread Mix**
- 1 TBSP **Watkins Garlic Flakes**
- 2 c shredded cheddar cheese
- 1 12-oz can beer
- 1 TBSP butter, melted
- Watkins Sea Salt**

Combine bread mix, garlic flakes and cheese. Pour beer into mixture and still just until moistened. Spray loaf pan with **Watkins Cooking spray**. Pour batter into sprayed loaf pan and drizzle melted butter on top of bread. Lightly sprinkle Sea Salt over the loaf. Bake at 350°F for 1 hour or until toothpick inserted in center comes out clean.

BASIC VINAIGRETTE

2/3 cup **Original Grapeseed Oil**
1/4 c wine vinegar (red or white) 2 tsp
Italian Seasoning
Salt and sugar, to taste

Combine all ingredients; mix well. Let stand 30 minutes to allow flavors to develop. Makes 1 cup.

RASPBERRY-VANILLA VINAIGRETTE

1/3 cup **Watkins Original Flavor Grapeseed Oil**
1/4 cup white or red wine vinegar
2-1/2 TBSP sugar
2 tsp **Watkins Pure Vanilla Extract**
1/2 tsp **Watkins Raspberry Extract**

Mix the above ingredients together well and chill until serving time.

FRUIT & LIME CHICKEN SALAD

3 TBSP sugar
1/4 cup white wine vinegar
2 TBSP lime juice
1/4 tsp **Watkins dry mustard**
Dash of salt
1/2 tsp poppy seeds
1/2 cup **Watkins Original Grapeseed oil***
3 cups cubed cooked chicken
1 ea. honeydew & cantaloupe or watermelon
1 head leaf lettuce, romaine or baby spinach
1 cup strawberries or green grapes
1/2 cup pecan halves – toasted
1/2 cup blueberries

Combine sugar, vinegar, lime juice, mustard, salt and poppy seeds in a blender. Whirl to mix, then gradually add oil in a thin stream. Cover and blend 2 minutes until dressing is slightly thickened. Reserve 1/3 cup and pour remaining dressing over chicken. Chill.

To serve, line 4 to 6 salad plates with lettuce and arrange honeydew and cantaloupe wedges around edge. Spoon chicken into center. Toss strawberries, pecans & blueberries in reserved dressing; spoon over and serve. Optional variations: *Use **Watkins Citrus & Cilantro Grapeseed oil**.

CELERY SEED DRESSING

1/2 c sugar
1/4 c cider vinegar
1-1/2 tsp **Watkins Celery Seed**
1 tsp **Watkins Onion Flakes**
1 tsp Dijon Mustard
3/4 tsp salt, more or less to taste
Watkins Black Pepper, to taste
1 c **Watkins Original Grapeseed Oil**

In small mixing bowl or food processor, combine all ingredients. Beat until mixture is thoroughly blended. Very gradually add oil, beating until mixture thickens. Cover and chill thoroughly. Shake before serving. Great with lettuce or fruit salads. Makes 2 cups.

CALIFORNIA SALAD

1/4 C **Watkins Garlic & Parsley Grapeseed Oil**
1 TBSP sugar
2 TBSP white wine vinegar
2 tsp **Watkins Parsley**
1/2 tsp **Watkins Garlic Salt**
1/4 tsp **Watkins Seasoned Salt**
1/4 tsp **Watkins Oregano**
1/8 tsp **Watkins Lemon Pepper**
1/2 large head Iceberg Lettuce
1/2 large head Romaine Lettuce
Some Radicchio
(optional) 2 large Avocados, peeled and sliced)
(optional) Garnish with Walnuts

Mix first 8 ingredient well. Drizzle and mix gently with lettuce. Optional: Top with avocados and toasted walnuts.

POMEGRANATE & FETA SALAD

1 head romaine lettuce, washed & torn
1-2 c baby spinach
Seeds of 1 pomegranate (pears or strawberries)
1/4 c toasted pine nuts
1/2 c crumbled feta cheese

Dressing:

1/3 c **Watkins Original Grapeseed Oil**
1 TBSP red wine vinegar
2 TBSP maple syrup
1 tsp Dijon mustard
1/2 tsp **Watkins Oregano**
Salt & **Watkins Pepper** (freshly ground)

Toss lettuce and spinach together in large bowl. Add pomegranate seeds, pine nuts and feta. Whisk dressing ingredients together and store in refrigerator. Toss with salad ingredients just before serving.

MANDARIN ORANGE SALAD

1/4 C candied almonds*
1/4 C **Watkins Citrus & Cilantro Grapeseed Oil**
2 Tbsp sugar
2 Tbsp White Wine Vinegar
1 tsp **Watkins Parsley**
1/2 tsp **Watkins Seasoning Salt**
dash **Watkins Red Pepper Flakes**

*Candied Almonds:

1/4 C sliced almonds
1 Tbsp sugar

Cook in frying pan over low heat until sugar melts. Stir constantly. Cool. Let stand.

Dressing:

Mix first seven ingredients together and toss with salad.